



FIVE A DAY PROGRAM SURVEY

FIVE A DAY THE NAVY WAY

SEMPER FIVE A DAY

Age: _____

Sex: _____

Rank/Rate: _____

Category: (Please check one)

- ☐ Active Duty
- ☐ Active Duty Family Member
- ☐ Reservist
- ☐ Retiree
- ☐ Retiree Family member
- ☐ Other (Specify) _____

1. How many servings of fruits and vegetables do you think a person should eat each day for good health?

2. Have you heard of the program, "5 A Day for Better Health"?

- a. _____ Yes Go to Question 2a
- b. _____ No (Stop Here)
- c. _____ Don't know (Stop Here)

2a. What does "5 a Day for Better Health" mean? (Choose only one)

- a. _____ Five servings of fruits and vegetables per day
- b. _____ Logo of health education campaign to increase eating fruits and vegetables
- c. _____ Eat fruits and vegetables to stay healthy
- d. _____ Five food groups
- e. _____ Five health habits
- f. _____ Other (Specify: _____)
- g. _____ Don't know

3a. About how many fruits are you currently eating each day? _____

b. About how many vegetables are you currently eating each day? + _____

c. Total fruits and vegetables each day = _____



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U. S. Navy

4. The next seven questions provide a simple way to know how many servings of fruits and vegetables you normally eat. Please put an "X" in the box showing how often you ate or drank each of these items of food in the past month.

[illegible][illegible]